

HUMOR & HAPPINESS

Many families value feelings of contentment, satisfaction and fulfillment. They enjoy seeing the humorous side of themselves and the world. This is why they choose humor and/or happiness as one of their core family values. Think of the expression “laughter is the best medicine”.

Is it? What are the **actual** benefits of laughter?

Physical Benefits

- It can lower blood pressure, increase blood flow and reduce pain
- Leaves the muscles in the body relaxed for up to 45 minutes
- Gives the muscles of your face, chest, shoulders, stomach and diaphragm a great workout.
- It can decrease the release of stress hormones and increase immunity cells.

Social Benefits

- Can help form meaningful connections between people
- Can strengthen relationships that are already established.
- Laughter can help diffuse conflict.
- It can promote group bonding, enhance team work and promote a sense of togetherness and safety.

Emotional Benefits

- Can ease anxiety, stress and tension, add joy to life & strengthen resilience
- Laughter can bring you back to the present moment
- Laughter can help you move on from trying situations without holding on to bitterness or resentment